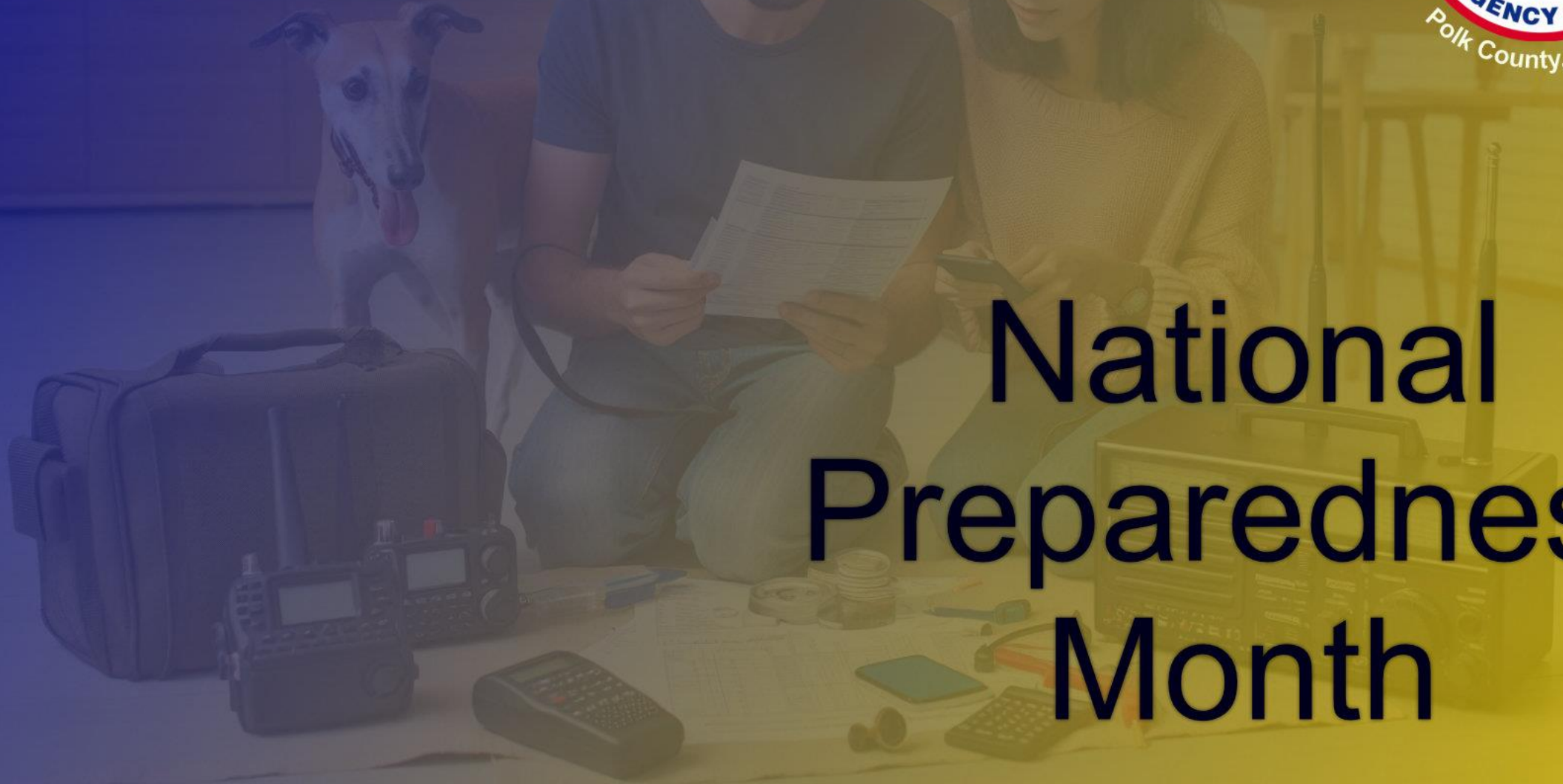


September 26, 2024
Meeting



National Preparedness Month



Agenda

A collection of emergency supplies including a backpack, water bottles, a lantern, a flashlight, a radio, and a first aid kit.

- **ARRL Simulated Emergency Test (Oct 5-6)**
- **ARRL (National Preparedness Month)**
- **Practice field readiness at the QRP this Saturday**

ARRL Simulated Emergency Test

- ARRL's Simulated Emergency Test (SET) is October 5 - 6, 2024, and this nationwide exercise is the chance to test your personal emergency-operating skills and the readiness of your communications equipment and accessories in a simulated emergency-like deployment.

ARRL Simulated Emergency Test (continued)

- Christine will provide an update on the participation of the Section and/or our county will have for this event.
- Our equipment at the EOC is currently transitioning to a new location and any operation we would have would be done remotely.

ARRL – National Preparedness Month

- September is National Preparedness Month, and ARRL is working to help radio amateurs have a plan for family resilience.
- Many hams enjoy public service as part of their operating.
- Being ready to activate for a served agency through the ARRL Amateur Radio Emergency Service® (ARES®) involves not only being licensed and trained, but also prepared and equipped.

ARRL – National Preparedness Month

- Amateur radio is an excellent tool for community resilience in times of crisis.
- The utility value of the critical communications it provides is enhanced by having well trained local Amateur Radio Emergency Service[®] (ARES[®]) groups and other teams.
- However, to maximize the value to yourself, your family, and your community; an operator must be prepared. September is National Preparedness Month.
- ARRL's partners at the Federal Emergency Management Agency (FEMA) are sharing tips to help you be prepared. They are centered around the theme of "Start a Conversation".

National Preparedness Month – Have a Go Kit

- ARRL Director of Emergency Management Josh Johnston, KE5MHV, suggests that hams and their families have a “go-bag”.
- He says there are a few things to consider: “You need to be able to function while activated, so that means you need a kit for your needs and a kit for your radio needs.
- If your family is impacted by the situation, they also need to have some gear at the ready.”

Emergency Prep Kit Checklist

It's hard to think clearly during an emergency, and the last thing you want to do is leave something important behind. Use this checklist to gather essential items and prepare today for what might happen tomorrow.

IN CASE OF EMERGENCY, HAVE THESE ITEMS READY

- Food and Water**
A 3-day supply of water and food. Include 1 gallon of water per person per day and non-perishable food items like energy bars, cereal, dried fruit, nuts, peanut butter, and canned meats.
- Utensils**
Eating utensils, plates, cups, bowls, a can opener, and paper towels.
- Clothing**
A change of clothes for each person, rain gear, extra shoes, and waterproof boots.
- Day-to-Day Living Items**
Garbage bags, toilet paper, matches in a waterproof container, a multipurpose tool, dust masks, duct tape, plastic sheeting, Mylar® blankets, a whistle, local maps, and bleach.
- Personal Items**
Toiletries, an extra pair of glasses/contact lenses, tweezers, and nail clippers.
- First Aid Kit**
Sterile gloves and dressings, bandages, soap, antibacterial towels, hand sanitizer, burn ointment, antibiotic ointment, eye wash, and a thermometer.
- Medications**
A 3-day supply of prescription medications, pain relievers, cold and sinus relief, anti-diarrhea medicine, antacids, and laxatives.
- Devices**
A cell phone, a charging cord, a portable charger or battery pack, a hand-crank radio, an LED flashlight with extra batteries, and a headlamp.
- Important Documents**
Copies of birth certificates, driver's licenses, insurance cards, medication lists, medical records, proofs of address, passports, wills, bank records, marriage licenses, adoption papers, and emergency contact lists.
- Cash**
Small denominations and change.

ADDITIONAL ITEMS

- For Babies**
Diapers, baby wipes, baby powder, diaper rash cream, baby wash and lotion, formula, baby food, bottles, bibs, burp rags, pacifiers, teething tablets or gel, and blankets.
- For Seniors**
Medications, hearing aids and batteries, extra eyeglasses, syringes, portable oxygen, mobility supplies, and contact information for doctors and caregivers.
- For Children**
Books, toys, puzzles, crayons, and comfort items.
- Ham Radio Gear**
A handheld, a mobile radio, chargers, extra batteries, antennas, power cords, and a laptop.



National Preparedness Month – Have a Go Kit

- On the ARRL website, there's an Emergency Prep Kit Checklist. It lists the common items such as food and water for several days, a first aid kit, medications, chargers for your devices and other useful items.
- We have created an easy to remember URL for this list. Visit <https://tinyurl.com/areskit>

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National Preparedness Month – Have a Go Kit

- Having a kit for your radio is useful as well. “Go kits will vary based on function and need for the field,” said Johnston. “
- Most kits should include a dual band HT and/or mobile radio with antenna, a power supply and all necessary cables and connectors.
- Every kit should include note pad or paper of some type as well as pens or pencils. You should have a power source and power cables.
- If you are working HF then you will need an HF radio and antenna, and if you want digital capabilities, then a computer with software preloaded will be desired.”



National Preparedness Month – Have a Go Kit (continued)

- Other things you may want will include tape and tools, spare batteries, headphones, flashlights of some sort, cell phone chargers, and a multimeter.
- Other items that won't fit in a bag but may be needed include a generator, a working surface like a small folding table, a chair, and some type of shelter.



National Preparedness Month – Ensuring Family Safety

- For a ham or any other public safety responder, whether paid or volunteer, it is not uncommon to be called out to provide assistance during disasters.
- We often do not know when we will be called or exactly what the call will involve. We also do not know how long we may be deployed.
- In the last section, we focused on our go kit and the tools we should have to deploy as an amateur radio volunteer. But have we made sure our family is prepared for these times, whether we are deployed or will be staying home?



National Preparedness Month – Ensuring Family Safety

- As the theme of this month suggests, ARRL Director of Emergency Management Josh Johnston, KE5MHV, says it comes down to being prepared.
- “Make a plan with your family and ensure basic supplies are available including water, food and first aid capabilities.
- Do you have a generator or alternate power capabilities and do your family members know how to use it?
- Have a communications plan, including backup communications, with family members and friends,” he said.



National Preparedness Month – Ensuring Family Safety

- “Remember that there may be a time that you are the victim.
- There may be a time that you must turn down a request for assistance because you must take care of your family first.
- Ask if you can be put in a slot later down the roster to allow time to get your family to safety or have everything settled to ensure your family is cared for before deployment,” said Johnston.

READY.GOV/PLAN'."/>

Ready

FEMA ad COUNCIL

SIGN UP

For local weather and emergency alerts.

Prepare for disasters to create a lasting legacy for you and your family.

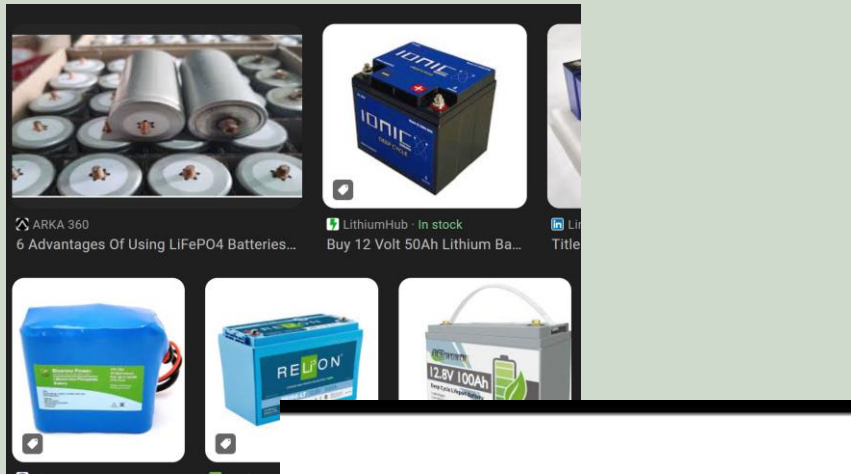
VISIT [READY.GOV/PLAN](https://www.ready.gov/plan)

National Preparedness Month – Station Readiness



- Many hams have a home station from which we operate on a regular basis.
- Is your station set up to operate or have the ability to operate off the grid or on alternate power sources?
- There are many ways to set this up to run on battery power and could even be done temporarily if you don't have a permanent battery backup situation.

National Preparedness Month – Station Readiness



- “With the new batteries out there, and solar technology both improving in quality and decreasing in price, building a resilient station is no longer difficult or expensive.
- Think about powering more than just the radio on an alternate power source.
- “Do you have lights that could run off the battery source?”
- Do you have an alternate power source for your computer?
- What about your internet connection? Is there a backup for it?”

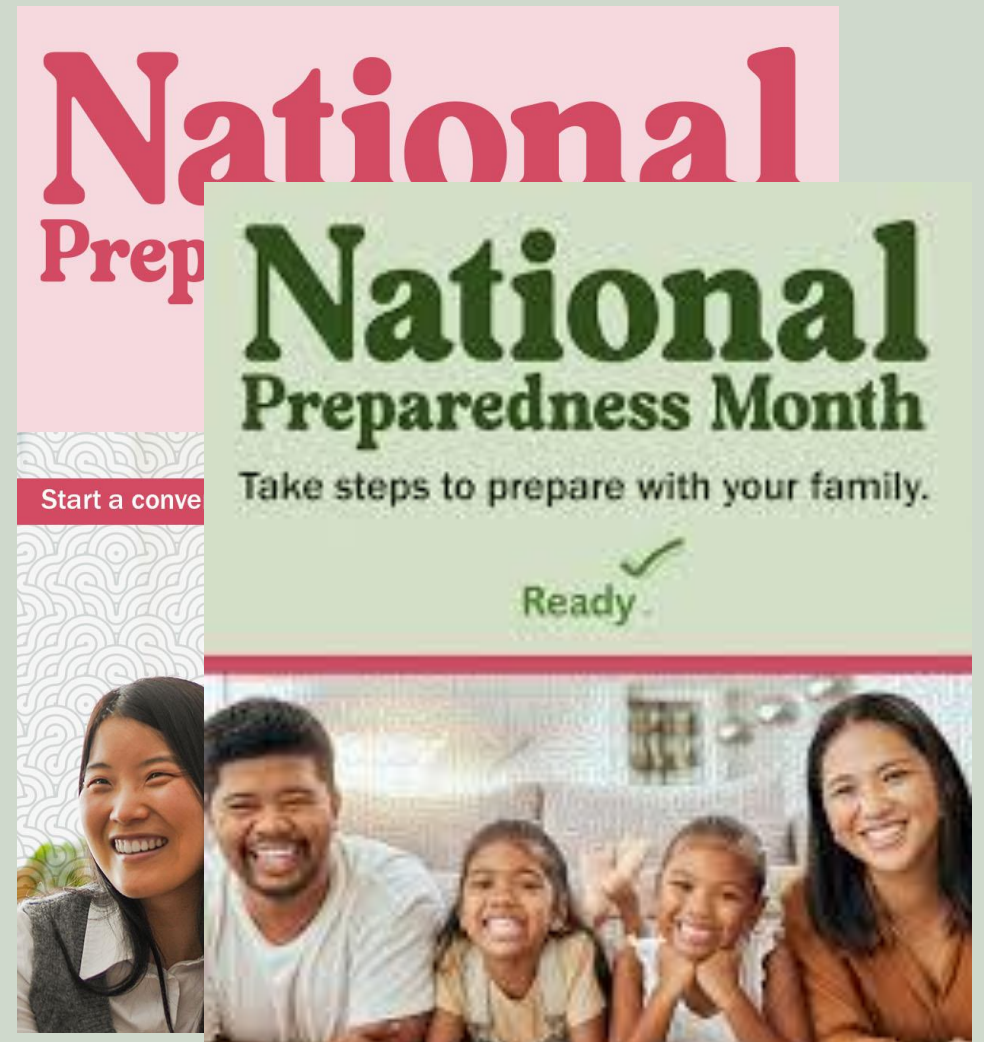
National Preparedness Month – Station Readiness



- Amateurs should test their ham station to ensure that it is powered by the generator. If the whole house system does not power the station, a portable generator could be an option. The key is to test the system under blue sky conditions to ensure it works, check for RF noise, and potential power drop.
- Having backup antennas is also crucial. “Especially if we are dealing with storms, it may be useful to have alternate antennas on hand, especially for HF and VHF,” said Johnston.

National Preparedness Month – Wrapping It Up

- Serving in an emergency isn't just about radio communications
- Take care of yourself and be sure you are ready personally
- Have a conversation and prepare with your family
- Only when you, your family, and your resources are prepared can you be an effective volunteer.



Visit [Ready.gov](https://www.ready.gov) for more helpful information



Questions?



Practice
field
readiness
at the QRP
this
Saturday



Lake Wales Radio Amateurs

Simply



A fun, unofficial, non-event

SATURDAY, SEPTEMBER 28, 2024
09:00 AM - 12 Noon

<https://lwra.us/qrp>



The "Big Dogs on the Porch Cafe" will once again be at the QRP for Brats/Dogs/Burgers.

Lake Shipp Park

1649 Lake Shipp Dr, Winter Haven, FL 33880



Tailgate Tech is on vacation this month so bring your HF gear and have some fun!

REMEMBER TO WEAR



Talk-In on the WC4PEM Linked Repeater System (Tone 127.3)
Dundee 146.985/-, Frostproof 444.950/+, Davenport 444.625/+, Kathleen 443.900/+

